

Four Layer Casserole

Makes: 6 Servings

This dish can be baked in the oven or if you are short on time, pop it into the microwave. Use your favorite frozen or canned vegetables.

Ingredients

- 1 pound** ground beef, 85% lean
- 4** potatoes
- 1 package** frozen mixed vegetables (or canned mixed vegetables)
- 1/4 cup** cheese, low-fat shredded (cheddar or colby jack)
- 1/4 cup** milk, 1%
- salt and pepper (optional, to taste)

Directions



1. Cook ground beef in frying pan until brown. Rinse in warm water and drain to remove excess fat.
2. Scrub potatoes and cut into slices without peeling.
3. Place potatoes in a large baking or casserole dish. Top with vegetables, ground beef, and cheese.
4. Pour milk over the casserole. Ad salt and pepper as desired.
5. Cover with a lid or foil. Bake at 350°F for 1 hour or microwave in non-metal baking or casserole dish for 19-23 minutes on high.

Nutrition Information

Nutrients	Amount
Calories	283
Total Fat	9 g
Saturated Fat	3 g
Cholesterol	50 mg
Sodium	103 mg
Total Carbohydrate	31 g
Dietary Fiber	5 g
Total Sugars	3 g
Added Sugars included	0 g
Protein	21 g
Vitamin D	0 IU
Calcium	72 mg
Iron	3 mg
Potassium	891 mg

N/A - data is not available

MyPlate Food Groups

	Vegetables	1 cup
	Protein Foods	2 ounces

Notes

- Try other favorite vegetables in place of mixed vegetables such as carrots, broccoli, cauliflower, green beans, peas, or corn.
- Cheddar cheese used for costing and nutrition analysis.

Source: Iowa State University Extension. Spend Smart. Eat Smart.